

Tai Chi

Thomas G. Crowder Woodland Center

Tai Chi: All Levels

Tai Chi is a low impact slow-motion exercise consisting of flowing moves to balance and circulate energy (chi). Participants of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility.

Dates: Wednesdays

#214777 January 3 - 24

#214778 February 7 - 28

#214779 March 14 - April 4

#214780 April 18 - May 9

Time: 10 - 11 AM

Ages: 18 yrs. and older

Cost: \$40 Residents; \$55 Non-Residents

Instructor: Adrienne McKenzie



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

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